Mental Health First Aid®: An Overview

Jami Dellifield, FCS Educator, Hardin County
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1 in 4
Substance Abuse Disorder

Other Mental Health Disorders

Approximately 30% co-occurrence
NEVER GIVE UP ON SOMEONE WITH A MENTAL ILLNESS. WHEN "I" IS REPLACED BY "WE", ILLNESS BECOMES WELLNESS.

-SHANNON L. ALDER
STAND UP TO STIGMA

Let's talk about MENTAL HEALTH
Sometimes first aid isn’t a bandage,
or CPR,
or the Heimlich,
or calling 911…

Sometimes, first aid is YOU!
Mental Health First Aid’s Opioid Response Supplement

Opioids are one of the most significant substance use concerns in the United States. Every day, more than 140 Americans die from a drug overdose – 91 are specifically due to opioids. If this epidemic remains unchecked, it has the potential to claim 1 million lives by 2020. Mental Health First Aid’s Opioid Response Supplement teaches people how to recognize and respond to risk factors and the signs and symptoms of an opioid overdose. They also learn how to administer the lifesaving opioid overdose antidote, Naloxone.

With the number of opioid overdoses on the rise, it is likely that the average person will encounter someone in a state of overdose. Empowering people to recognize and respond to an opioid overdose is vital to saving lives.
INSTRUCTORS TRAINED IN MENTAL HEALTH FIRST AID’S OPIOID RESPONSE SUPPLEMENT WILL LEARN:

- The clinical foundation of the supplement.
- The history of the opioid epidemic.
- How to integrate this supplement into the existing Adult curriculum.
- How to recognize signs and symptoms of an overdose.
- How to respond to an opioid overdose by administering Naloxone and calling 911.
- The appropriate mental health and addiction services specific to overdose crises.
- How to apply the ALGEE action plan in an addiction crisis situation.

KEY COMPONENTS OF MENTAL HEALTH FIRST AID’S OPIOID RESPONSE SUPPLEMENT INCLUDE:

- Signs and symptoms of an opioid overdose.
- Step-by-step instructions on how to respond to an opioid overdose, including how to administer Naloxone.
- The context and statistics for opioid use and misuse.
- A discussion of concerns surrounding the opioid response steps.
KEEP CALM and A.L.G.E.E. ON
Assess for risk of suicide or harm
Listen nonjudgmentally
Give reassurance and information
Encourage appropriate professional help
Encourage self-help and other support strategies
Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Find a course near you.

_En Español_

4 Reasons to Become a Mental Health First Aider

- **Be prepared** When a mental health crisis happens, know what to do
- **You can help** People with mental illnesses often suffer alone

**FIND A COURSE**  **FIND INSTRUCTOR TRAINING**  **DONATE NOW**  **MENTAL HEALTH FIRST AID AT WORK**
### COURSES NEAR: Columbus, OH 43210, United States

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YOU GET TRAINED, YOU GET TRAINED

EVERYONE GETS MHFA TRAINED